

PREPAREDNESS STARTS WITH YOU

**A Disaster Preparedness
Guide for Older Adults &
Caregivers.**



OFFICE OF
**EMERGENCY
MANAGEMENT**

www.readymarin.org

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Disaster Preparedness Starts with You!

We should all take steps to be prepared for disasters, and what we all need to do is based on our health and abilities. Some of us may need a little more help and time to get prepared but together we can do it!

This booklet will provide you with ideas and resources to help you build your individual preparedness.

If you or someone in your household has a disability, Marin Center for Independent Living has a dedicated program to ensure the readiness and safety of older adults and people with disabilities in the event of emergencies. Visit MarinCIL.org for more information or call them on (415) 459-6245.

To learn more about preparing for the various hazards in Marin County, scan the QR code.



www.readymarin.org

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Sign up for AlertMarin



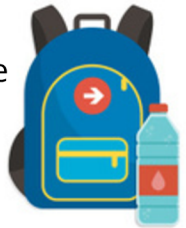
- Go to emergency.marincounty.gov to sign up.
- Sign up with your cell phone, email, & landline if you have one.
- This is your trusted & accurate source of information during a disaster.

Make a Plan



- Agree on a meeting place - ideally choose two.
- Choose an out of area contact as an information hub.
- Make an emergency contact list, share it with family and put a copy in your Go Bag.

Prepare a Go Bag



- Have enough supplies for up to 72 hours that are personal to YOU!
- Check the contents every 6 months.
- Keep the go-bag close to where you will exit your home.

MAKE A PLAN

Once you have completed this list, make copies to share with those close to you.

Our meeting spot: Where will we meet in an emergency?

Location in your neighborhood:
Location outside your neighborhood
Alternate Location outside our neighborhood:

Out of area contact: Who will you check in with outside the area?

Share this information with your people so can you all communicate to one central person.

Name:	
Location:	Phone:

Identify a group of friends and family with whom you'll coordinate.

List people who will check in with you before, during and after an emergency to ensure you are safe.

Name:	Phone:
Name:	Phone:
Name:	Phone:
Name:	Phone:
Name:	Phone:

Important medical contacts

Having important medical contacts for household members and pets is critical in case you need to leave your home after a disaster.

Doctor:	Phone:
Doctor:	Phone:
Pharmacy:	Phone:
Insurance Provider:	Phone:
Group Number:	ID Number:
Caregiver:	Phone:
Pet Emergency:	Phone:
Pet Name / Breed / Medical issues:	

Your medical information

Include critical medical information, medical equipment, and allergies. Attach a current list of your prescriptions and dosages.

More Ideas.....



- Create a stay box with enough supplies for 5-7 days in case you are unable to leave your home.
- Make sure someone trusted has an extra key to your home, knows where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- If you undergo routine clinic or hospital treatments, find out their emergency plans and work with them to identify back-up service providers.
- If you have a communication-related disability, note the best way to communicate with you.
- If you have a cell phone, learn how to text and practice with friends and family.
- Make a plan for your pets too! Can your neighbors help if you are not home?
- Install smoke alarms - the Red Cross can help - call them on 415-721-2365.
- Check your insurance policy to ensure you have adequate coverage.
- Make a list of your possessions in case they are damaged or lost in a disaster.

Go Bag Starter List - remember this is YOUR bag, make it personal to your needs.

- Copy of your Make a Plan.
- Wallet with personal ID, credit cards, cash in small bills.
- Water bottle and snacks.
- N95 masks.
- Cell phone charger and battery bank.
- Flashlight or headlamp.
- Prescription medications for 5-7 days.
- Change of clothes and closed toe shoes.
- Small First Aid kit.
- Extra eyeglasses and hearing aid batteries.
- Financial, personal and insurance documents.
- Personal hygiene, sanitation supplies, hand sanitizer, baby wipes.



Caregivers



If you a caregiver, you should know what to do in an emergency. Here is a checklist of ideas:

- Sign up for AlertMarin.org (both my home and work address) so you can receive notifications and instructions during an emergency.
- Have a copy of the Make A Plan for the people you care for.
- Know where chargers and back up batteries are for medical devices.
- Know what to do during an earthquake (drop, cover, hold on.)
- Know where to find a working flashlight and first aid kit in the house. Know where a fire extinguisher is and how to use it.
- Know how to evacuate the house with the people I care for, and pets, and have practiced with them.
- Know where the pre-packed Go Bag is in case you need to leave.
- Know where to find and open our Stay Box if we are told to stay in the house.
- Know to call or text your employer to let them know where you are during an emergency.